

GRAPEVINE

VISITACION VALLEY

ISSUE #65

SERVING OUR COMMUNITY

DECEMBER 1991

SUNNYDALE AND TOWERS JOIN TO TAKE BACK THE NIGHT



On the evening of November 6, 1991, residents of Geneva Towers and Sunnydale Housing came together for a Cease Fire Candlelight Vigil to take the neighborhood back from the drug pushers and gang bangers who have terrorized this area. Singing the Black National Anthem and chanting anti-drug songs, the group, numbering about 150, marched through the Geneva Towers and Sunnydale section of the Valley.

Along the way, others came out of their houses and joined the march, which ended in front of 1652 Sunnydale, where a Program of Prayers, Songs and

Speeches addressed the cause.

A welcome was given by Ms. Shirley Dorton of the Sunnydale Tenants Association, and the Black National Anthem was led by Cynthia Williams, President of the Tenants Association.

Mayor Art Agnos and David Gilmore, Executive Director of the San Francisco Housing Authority addressed the crowd. Others who spoke were Reverend George Lee, Claude Everhart, Algernon Dedman, Frances Luster and John Hardy. Songs were offered by Kenny Martin, Le Versie

Johnson and Rev. Wenzell Jackson. A poem was offered by Dr. Ahimsa Sumchai, M.D., who remarked that she had grown up in Sunnydale.

Captain John Gleeson of the Ingleside Police Station and several of his officers were in attendance, as well as the management teams from Sunnydale and from Geneva Towers.

The entire group was much energized by the march and the program, and vowed to continue in their efforts to restore peace in the neighborhood.

continued on page 6

VALLEY-WIDE PARENTS COUNCIL FORMING

There will be a meeting of an ad-hoc committee to plan the formation of a Valley-Wide Parents' Council on Tuesday, December 3, 1991 at 6:30 p.m. at the Visitacion Valley Community Center. The Council will meet monthly with representatives of all the Parent Councils and P.T.A.'s in the neighborhood.

This is a chance for parents to work together to help support the schools, recreation centers, daycare and other programs that their children attend. It will also be a good source of information and support for parents, who can use this opportunity to share with each other.

Each year, the Parents' Council will host an Annual Meeting, to which all parents in the Valley will be invited. The Council will also sponsor seminars and programs for Parents; and in conjunction with Parents of Concern and Parents for the Youth, will have a resource library for parents, located at 50 Raymond Avenue in the Community Center.

Those interested in the Valley-Wide Parents' Council may obtain more information by calling 467-6400 and leaving a message for the Council organizers.

WORLD AIDS DAY EVENTS THROUGHOUT THE CITY

Many New Retailers Join SHOP FOR LIFE

The Grand Hyatt dedicated its fountain in the Plaza Restaurant to the S.F. AIDS Foundation on Wednesday, November 27 at 4:00 p.m. The Moscow String Quartet provided music to celebrate the event.

"We are proud to kick-off the SHOP FOR LIFE campaign with the fountain dedication," said Anthony White of the Hyatt. "The Grand Hyatt will contribute fountain coins to the San Francisco AIDS Foundation for the month of December."

SHOP FOR LIFE is a unique fundraising and educational effort designed to raise funds for SFAF, increase HIV awareness in the community and bring more shoppers into SHOP FOR LIFE retail stores on World AIDS Day.

Among many special SHOP FOR LIFE events was Friday's lighting of the "Wreath of Hope" at San Francisco Centre which is located at Fifth and Market in downtown San Francisco.

From downtown to Stonestown, from Sacramento Street to Hayes Street, every shopping district in San Francisco is committed to SHOP FOR LIFE. HIV educational materials were distributed in shopping districts throughout the City on World AIDS Day as a part of the SHOP FOR LIFE campaign.

Holiday shoppers need only look for the SHOP FOR LIFE logo to know that a retailer is a SHOP FOR LIFE participant.

ANNUAL PEACEMAKING AWARDS GO TO LOCAL GROUPS

SEE PAGE 3

ANNUAL PEACEMAKING AWARDS GO TO LOCAL YOUTH GROUPS

St. James Presbyterian Church awarded their annual Peacemaking awards to the Sunnydale Just Say No Club and to the Visitacion Valley Elementary School Conflict Managers at a Program at St. James on November 24, 1991.

The Sunnydale Just Say No Club also recently won an award for being the best marching unit in the Parade at the San

Francisco Fair over the Labor Day Weekend. Led by volunteer Patricia Spicer, a Sunnydale activist, the Just Say No Club has become a popular and active group of children from Sunnydale. Congratulations to Pat for her excellent leadership. The Conflict Managers at Visitacion Valley Elementary School are students of VVES that are specially trained in conflict resolution techniques and serve to mediate disputes among the students at the school. They have done a wonderful job, according to Principal Vincent Chao, and have not received adequate recognition for their work. We are glad that this situation is about to be at least partially remedied. Mr. Chao is to be congratulated, along with the VVES staff who support and assist the Conflict Resolution Program.



The entire Sunnydale Just Say No Club.



Winners of the 1991 Peacemaking Award, Visitacion Valley Elementary School Conflict Resolution Program participants pose for a portrait.

Free 49er Tickets

Win free tickets to a 49ers pre-season or regular season home game for your group. Any athletic, educational, religious, or service youth group whose members are under 16 may receive up to 36 free tickets to a 49ers home game,

thanks to Berkeley Farms.

Group leaders should send their requests to Berkeley Farms to the community center listed below. Include a description of your group and indicate the number of tickets needed, up to a total of 36, including adults providing

transportation and supervision.

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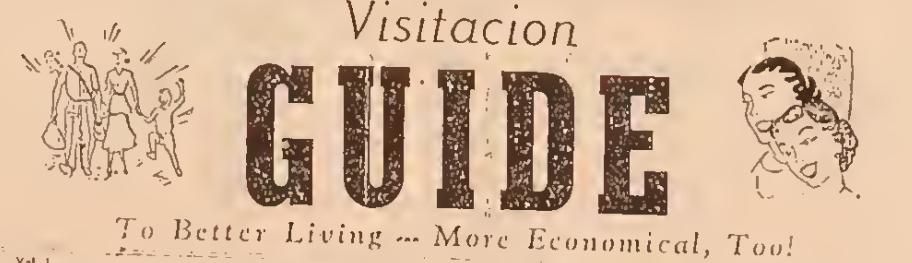
San Francisco Junior 49ers
Sunset Recreation Center
28th Ave. & Lawton St.
San Francisco, CA 94122

» Chicago Bears, Deadline December 9, Game Date December 23

The Sunnydale Just Say No to Drugs Club, photographed on the occasion of the award for "Best Group" in the Parade at the San Francisco Fair.

Send each entry request to Berkeley

THOSE WERE THE DAYS



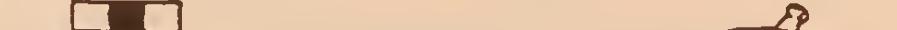
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Friday Cottage Bible Fellowship - 7:30 p.m.

Saturday Choir Rehearsal - 10:00 a.m.

YOU are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

COME TO CHURCH THIS WEEK.

ACCORDION PUPILS ON TV SHOW TONIGHT

The maturing pupils of Pleasant

View Academy, will appear on the

TV show "The Young

Academy,"

hosted by Tom Snyder, at 8:30 p.m.

on Friday, Dec. 21.

The pupils, who are

from the Pleasant

View Academy, will

be performing

the traditional

Christmas carols.

A Beginner Class

is being taught

at the present time

by Mr. Sean

McGinnis.

Intermediate

and Advanced

classes are

being taught

by Mr. Sean

McGinnis.

Advanced

classes are

being taught

by Mr. Sean

McGinnis.

Intermediate

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Intermediate

and Advanced

classes are

being taught

by Mr. Sean

McGinnis.

Intermediate

Little Hollywood Reports

by: Don Bertone

Looking back, as we close out 1991, there has been a lot of turbulence in Vis Valley because of the changes we are going through. Most of it is happening because of pressure from outside the area to develop the vast tracts of open space that we have. There is no other area in the City that has so much potential to develop large new projects or even whole new neighborhoods! This has led to clashes and conflicts between the newer residents who have only recently moved into this area and those who have lived through the "bad" years and have been the lonely watchdogs trying to prevent unchecked and even disastrous growth. The reason that this is, and hopefully will continue to be, a decent place to live is because of these long-time groups vigilant efforts to question outside forces. In spite of the problems that we still have to endure, things could have been a lot worse had no one spoke up and protested the fact that this was slowly being turned into a dumping ground for the rest of the City's unwanted projects.

We have a long, hard march ahead of us with issues that a lot of people probably never even have heard about. I hear a lot of complaining that "no one downtown will listen to us" or "why doesn't someone do something about these problems?" There was a group formed recently to deal with the hospice on Leland Avenue. They are to be commended for organizing such a large group so quickly, but in the process, they felt that they were in charge of Vis Valley and are now going to clean it up and remove all of these future problems by themselves. This will be a futile task as they, being newcomers to the area, and indeed new to the country, couldn't possibly know what

groundwork was done by the existing groups and the neighbors in them. The garbage company is something that we have been fighting since they first opened up. Airport noise, which once was as loud here as it is at the airport, has been reduced because of these group efforts. Senior Escort was brought out here only after a long and bitter struggle for scarce funds. At one time not too long ago, you would get a ticket for trying to drive to your own house during a ballgame because of the insensitivity of the police directing traffic. The list goes on. The police now have walking patrols on Leland Avenue and meet monthly with us to work on crime problems. All of the services, including the Community Center, that we now all enjoy are the direct result of the hard work done by long-time residents and their groups. To claim credit and then to place oneself in charge for all this hard work done by others only serves to discredit those doing it; and everyone downtown will see through that. We have "held the fort" all these years waiting for new, ambitious neighbors to move in so that they could work with us to continue to make this an even better place to live. We will have to be unified in our efforts and not allow "rabble rousers" to create a bad feeling between the old-time neighbors and the new ones. Once you start making decisions and shutting people out because of their race, that turns into a monster that will be out of control. Downtown interests would love to see that happen because then they can move in, write laws that will hurt us but make money for them, and then we all suffer.

Vis Valley is on the verge of losing a major jobs program that would create

hundreds of jobs for all residents, but not one of these so-called new community leaders has even attended one meeting to enter into these agreements with the developers. They are being handled by the same ones that are trying to "hold the fort". These jobs, worth millions of dollars in wages to anyone who lives in the ZIP code area 94134 are now going to be controlled by a group in the Bayview-Hunters Point area. All this may be lost because some priorities are wrong. A few store owners may benefit from stopping the hospice, but working residents will pay when a lack of jobs will make our streets filled with unemployed criminals. Too much energy is being focused on this issue, even though it has some merit, and no attention is being given to the issues that are really important. University of California is moving out to this area but very few people know about this. The prospect for service contracts, jobs and even retail businesses cannot even be guessed at. Again, we have been trying to do the best we can but we are not unified. The neighborhood was recently split into 2 police precincts but not one resident from Vis Valley came

down to the Police Commission hearings to protest. Now we hear the same tired story: "Why doesn't someone do something?" If this area is to be kept as a decent place to live and raise one's family in, all of us have to work together, in spite of these barriers. It's us, Vis Valley residents, who want a decent place to live versus the greedy outside interests who only want to make some money and then leave us with the problems. We either will work side by side as a democracy with everyone's opinion counting, or we will all lose to them. Speaking out your opinion is what makes us free and offers new ideas for others to think about. The alternative is repression as is experienced by college students in other countries. These, of course, are the growing pains of our new Vis Valley. I look forward to the day when hundreds of us, the old working with the new, will go down to City Hall just like we used to do. We got a lot of results back then and will again once we get to know each other and join forces. This is what politics is all about.

I wish a Happy Holiday season to everyone and look forward to an even better and more prosperous New Year.

which is scheduled for the first of the year.

PROP "J" - CHILDRENS' AMENDMENT PLANNING

The passage of Proposition "J" on the November ballot allowed a very short planning period for implementation. The Mayor's Office of Children, Youth and Families is charged with the task of holding planning meetings in all the neighborhoods of San Francisco and constructing a plan for implementation,

The meeting in Visitacion Valley will be held at the Visitacion Valley Community Center on Wednesday, December 18, 1991 from 7:00 p.m. to 9:00 p.m. The Community Center is located at 50 Raymond Avenue, corner of Bayshore Blvd.

All citizens interested in the well-being of San Francisco's children and youth are invited to attend and help plan for future services to our youngest citizens.

REGULAR MEETINGS OF CITY COMMISSIONS & BOARDS

| | | |
|------------------------|--------------------|--------|
| Airports Commission | 1st & 3rd Tuesday | 3:00PM |
| Arts Commission | 1st Monday | 3:00PM |
| Board of Education | 2nd & 4th Tuesday | 7:00PM |
| Board of Supervisors | each Monday | 2:00PM |
| Commission on Aging | 1st Wednesday | 9:30AM |
| Comm - Status of Women | 4th Thursday | 4:00PM |
| Health Commission | 1st & 3rd Tuesday | 3:00PM |
| Housing Authority Comm | 2nd & 4th Thursday | 4:00PM |
| Human Rights Comm | 1st & 3rd Thursday | 4:30PM |
| Library Commission | 1st Tuesday | 4:30PM |
| Planning Commission | each Thursday | 1:30PM |
| Police Commission | each Wednesday | 5:30PM |
| Port Commission | 1st Tues & 3rd Wed | 4:30PM |
| Public Utilities Comm | 2nd & 4th Tuesday | 2:00PM |
| Recreation & Parks | 3rd Thursday | 2:00PM |
| Social Services Comm | 4th Thursday | 9:30AM |

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100 YEARS AND STILL GOING STRONG

The 1991 holiday season marks the 100th Anniversary of the Salvation Army's traditional red kettle. Last year, in the United States alone, over 7 1/2 million people were assisted through funds collected in the red kettles. So, while Christmas is a time of rejoicing and family celebration for millions of Americans, for millions more The Salvation Army provides the only Christmas cheer they will know during the holiday season. Captain Joseph McFee was unaware of the impact he would make on the world when, 100 years ago, he set out the first kettle to collect donations from passers-by. This tradition, which began on the docks of San Francisco, quickly spread across the country. The Morning Call, a San Francisco newspaper, wrote on December 16, 1891: "The Salvation Army has adopted a novel collection box at the ferry and passersby who are charitably inclined may drop a trifle to assist in supplying a Christmas dinner to a number of poor people on Christmas day. The receptacle is a large iron cooking pot, and a piece of wire netting across the top prevents bad boys from emptying it of its contents. Quite a snug sum was in the pot last night."

IN 1898, the New York World hailed The Salvation Army kettles as "the newest and most novel device for collecting money." Luckily, for those the collections have aided, the success of the kettle has never worn off. Today, families are given grocery checks so that they can buy and prepare their own dinners at home. The homeless poor, however, are still invited to share holiday dinners and festivities at hundreds of Salvation Army centers. Thanks to the caring individuals who toss whatever they can afford into the kettle, The Salvation Army is also able to provide gifts and toys and to meet other needs so that

thousands of people can have a joyful holiday. In stores, malls, on the street corners and other gathering places, uniformed Salvationists and volunteers from all walks of life stand by kettles, welcoming contributions for the needy.

Judging by the many and various contributions The Salvation Army has received over the years, it is comforting to realize that the tradition of sharing and caring, symbolized by The Salvation Army Christmas kettle, is very much alive and well in communities throughout the country.

The Origin of Kettles

The Salvation Army Captain in San Francisco had resolved, in December of 1891, to provide a free Christmas dinner to the area's poor persons. But how would he pay for the food?

As he went about his daily tasks, the question stayed in his mind. Suddenly, his thoughts went back to his days as a sailor in Liverpool, England. On the Stage Landing he saw a large pot, called "Simpson's pot" into which charitable donations were thrown by passers-by.

On the next morning, he secured permission from the authorities to place a similar pot at the Oakland landing, at the foot of Market Street. No time was lost in securing the pot and placing it in a conspicuous position, so that it could be seen by all those going to and from the ferry boats. In addition, a brass urn was placed on a stand in the waiting room for the same purpose.

Thus, Captain Joseph McFee launched a tradition that has spread not only throughout the United States, but throughout the world.

By Christmas, 1895, the kettle was used in 30 Salvation Army Corps in

various sections of the West Coast area. The Sacramento Bee of that year carried a description of the Army's Christmas activities and mentioned the contributions to street corner kettles.

Shortly afterward, two young Salvation Army officers who had been instrumental in the original use of the kettle, William A. McIntyre and N.J. Lewis, were transferred to the East. They took with them the idea of the Christmas kettle.

In 1897, McIntyre prepared his Christmas plans for Boston around the kettle, but his fellow officers refused to cooperate for fear of "making spectacles of themselves." So McIntyre, his wife and his sister set up three kettles at the Washington Street thoroughfare in the heart of the city. That year the kettle effort in Boston and other locations nationwide resulted in 150,000 Christmas dinners for the needy.

In 1898, the New York World hailed The Salvation Army kettles as "the newest and most novel device for collecting money." The newspaper also observed, "There is a man in charge to see that contributions are not stolen."

In 1901, kettle contributions in New York City provided funds for the first mammoth sit-down dinner in Madison Square Garden, a custom that continued for many years. Today, however, families are given grocery checks so that they can buy and prepare their own dinners at home. The homeless poor are still invited to share holiday dinners and festivities at hundreds of Salvation Army centers.

Kettles now are used in such distant lands as Korea, Japan, and Chile, and in many European countries. Everywhere, public contributions to the kettles enable The Salvation Army to bring the spirit of Christmas to those who would otherwise be forgotten - to the aged and lonely, the ill, the inmates of jails and other institutions, the poor and unfortunate.

In the United States, The Salvation Army annually aids more than 3,000,000 persons at Thanksgiving and Christmas. Kettles have changed since the first utilitarian cauldron set up in San Francisco. Some of the new kettles have such devices as a self-ringing bell and a booth complete with public address system over which the traditional Christmas carols are broadcast. Behind it all, though, is the same Salvation Army message, "Sharing Is Caring."



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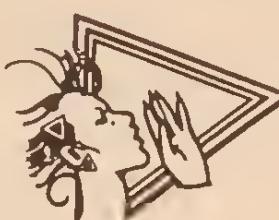
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MY DREAM FOR WORLD PEACE**POETRY by THE STUDENTS OF
VISITACION VALLEY MIDDLE SCHOOL****Conde Rolando 7th Grade****My Dream of World Peace**

I plant the tree of Great Peace, name the tree Great Long Leaves. Under these trees of Great Peace, roots have spread out to the north, to the east to the south and to the west. These are the roots and they symbolize Peace and strength. Into the deep underneath currents of water flowing to unknown regions, we cast all the weapons of strife. We bury them from sight and we plant again the trees of peace. These is my word. Of truth and faith.

Peace in world.

Mae Delara Grade 7**My Dream for World Peace**

This is my dream
This is my dream
There should be no war
And there should be no fight
And there should be no killing
For I think those are not right
There should be no fight because if we fight there will be lot of people killed

And this is what I always wish for all of us.

THANK YOU

Jiang, Patrick Grade 7
My Dream for World Peace

We hope for no fighting in this Peaceful World.

We hope no one in this world will start a war.

The world is hoping peace and quietness.

We hope no drugs, no smoking to make this peaceful world had

We hope no one will say dirty words to others

And no thief to make other people sad in this Peace and quiet World-- The dream for this Peaceful World

Cabral Ricardo**7th Grade****Visitacion Valley Middle School**

My Dreams for World Peace
Is that there will be
No drugs, no fighting, and especially
No war.
Peace is what we love and
war is what we hate.
In any war no matter how
we try, Nobody is a winner.
Peace is in our mind
Peace is also up to us.

Faustino, Josephine 7th grade**My Dream of World Peace**

My Dream of World Peace is to stop discrimination.

No matter what color of skin people have, they should not be made fun of.

They shouldn't be looked down upon.

People of different races and nationalities will help each other to make this happen in the future.

Lisa Leopaga Grade 7
My Dream for World Peace

I had a dream

peace in this world

no fighting, no crime

no crack, no weed

no drugs, no violence

I wish we have

peace in this world.

Jimmy Hung Grade 7**My Dream for world peace**

Peace is no war no fighting.
Peace is happy and good dream.
Peace is no fear and no worry.
Peace is what those hopeless people dream of.
Peace is smile and good health.
Peace is what we wish for everyday.
Peace is infallible to every human or animal.

**EL DORADO
SCHOOL
NEIGHBORHOOD
BETTERMENT
COUNCIL (ESNBC)**

by Joel Tate, President

Since our last meeting we have had some positive things happening in our neighborhood. We have some good news for you, please attend our next meeting.

Our next meeting is scheduled for December 10, 1991, 7PM at El Dorado School located at 70 Delta Street, San Francisco, Ca.

I encourage all ESNBC members to invite other members of the community to attend these meetings. Any one can become a member of ESNBC. If you live in the neighborhood and want to get involved in making our community safe from Drug peddlers and thieves, ESNBC needs your support.

We can make our neighborhood safer if... a team approach is taken and... common goals exist.

ESNBC meetings are held on the second and fourth Tuesday of the month. All meetings will be held at El Dorado Elementary School. You will be notified of any schedule change.

I want to thank you in advance for attending our next meeting.

SUNNYDALE AND TOWERS JOIN TO TAKE BACK THE NIGHT

from page 1

Too many of our youth have died in this urban war. It must be stopped, and that

can only happen through the cooperation of all people. This Vigil was a good step in the right direction.

THINKING OF YOU

(a poem passed around at the Candlelight Vigil 11/6/91)

This morning as I rose from bed and saw the sun above

I softly said "Good Morning, God, bless everyone I love."

And right away I thought of you and said a loving prayer

That He would bless you specially and keep you free from care.

I thought of all the happiness your day could hold in store;

And wished it all for you, because no one deserves it more.

I felt so warm and good inside, my heart was all aglow-

I know God heard my prayer for you, He hears them all you know.



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A SERIOUS PROBLEM...A SOBERING THOUGHT**A SALUTE TO ALL GANG MEMBERS**

The following was passed around the neighborhood the night of the Candlelight Vigil. Some thought it might have the shock value to get our young brothers and sisters to think...and STOP THE VIOLENCE!

The KLU KLUX KLAN would like to take this time to salute and congratulate all Gang Bangers for the slaughter of over 4,000 Black people since 1975.

You are doing a marvelous job! Keep killing each other for nothing. The streets are still not yours Niggers... It is ours. You are killing each other for our property. You are killing what could be future Black doctors, lawyers, and businessmen that we won't have to compete with; and the good thing about it is that you are killing the youth. So now we won't have to worry about you niggers in generations to come. We would further like to thank all the judges who

have over-sentenced those niggers to prison.

We are winning again. Pretty soon we will be able to go back to raping your women because all the men will be gone.

So you Gang Bangers...Keep up the good work. We love to read about the drive-by shootings. We love to hear how many niggers get killed over the weekends. We can tolerate the niggers with Jungle Fever (for now)...because that further breaks down your race.

To all Gang Bangers across the world. We don't love you niggers, but we can appreciate you Gang Bangers.

You are doing a wonderful job in eliminating the Black race. Without the men, your women cannot reproduce... unless of course we do it for them. Then we will have successfully eliminated a race thanks to your help and commitment to killing each other.

If most of you nigger Gang Bangers cannot read this letter, it is O.K....Go pull a trigger and kill another nigger

Thank-you

ARTS & LETTERS

ESSAYS WRITTEN BY VALLEY YOUTH - 11/13/91

(after a presentation on drug abuse prevention)

M.B.-I learned that drugs can really harm your body. I also learned that marijuana and aspirins was so harmful to a young body and I didn't know that.

Z.Z.M.- Today I have learn about drugs. How drugs can affect to people. What happen when people takes drugs. different kinds of drugs.

C.K.L. - I had to learn many about Drugs. How the drugs hurt your lungs, HEART, REPRODUCTIVE SYSTEM and Brain. I learn today is didn't taking the drugs be best.

G.J.C. - DRUGS: I have learn what does drug is and drug is no good for people. The drug is not good because someone want to get high, they need the drug. Drug is the very bad thing for people.

R.S. - I have learn that Cola is a kind of drugs too it has caffeine in it. The next thing I have learn is if you smoke marijuana it could effect you lungs, heart, reproductive system and the brain.

C.B. - WHAT I LEARNED TODAY: I learn a lot about drugs today. It was very interesting today. I learn that marijuana was baked in food like brownies and cookies.

I also learn that drugs are everywhere, even in soda. But there are a lot of people who mistreat drugs for a high. And when people misuse drugs they get sick and die by overuse of the drug.

L.S.B. - Today I've learned to communicate more with others. I've also learned a lot more about drugs like marijuana, crack, etc. I've also learned about making decisions and peer pressure.

C.M. - I learned that weed affects your reproductive system and how people was so crazy off LSD and PCP that they jumped off the roof thinking they can fly. I also learned that drugs can influence you to do crazy things.

S.O. - The thing I learned is Marijuana will mess up your reproductive system. It will also make you lose your memory..you will forget about things you suppose to do.

C.M. - Today I learned that drugs should not be misused or used at all, also that marijuana can hurt you physically, mentally and emotionally, and can cause long term brain damage.

A.R.S. - Today, here in Visitacion Valley I have learned that drugs could make a lot of complication into our life. It could destroy with just a little of it. That also taking drugs will lead us to nowhere. So the better thing to do is to "Say no to drugs."

X.X. - DRUGS: It is good to know about drugs, because you can prevent doing it. I learn about drugs that can kill you and put you into trouble. We can use drugs if we need when we are sick but if the drugs are use in bad ways you will be called addict.

continued on page 8

Happy Holidays and healthy eating from your American Heart Association

APPETIZERS

Party Mix

1/4 cup margarine
1/2 tsp garlic powder
1/2 cup small unsalted pretzel sticks
1/2 cup puffed rice
1 cup spoon sized shredded wheat
1/2 cup unsalted peanuts
In a medium skillet, melt margarine over medium heat. Add garlic powder and mix well. Add remaining ingredients and toss together. Serve warm. Serves 14.

Calories: 76
Fat: 6 gm
Saturated Fat: 1 gm
Cholesterol: 0
Sodium: 4 mg

Almond

Mushroom Pate

2 Tbsp margarine
1/2 small onion, chopped
1 small clove garlic, chopped
1/2 lb. fresh mushrooms, chopped
1/4 tsp salt
1/8 tsp tarragon, crushed
Dash white pepper
10 ounces blanched whole almonds, toasted
1 Tbsp dry sherry
1 Tbsp evaporated non-fat milk

In a medium skillet, melt margarine. Add onion, garlic, mushrooms, salt, tarragon and pepper. Saute, stirring occasionally, until most liquid has evaporated. Reserve 2/3 cup almonds for garnish. In a blender or food processor, process remaining almonds until coarsely chopped. Reserve two tablespoons. Process remaining almonds to form a paste. Transfer to a bowl. In the blender or food processor, add mushroom mixture, sherry, milk and puree. Add to almond mixture and stir, blending thoroughly. Stir in reserve chopped almonds. Cover and chill. Mound pate into ball on a serving plate. Garnish with reserved whole almonds by placing the pointed ends into ball, creating a pine cone appearance. Serve with melba rounds. Serves 24.

Calories: 83
Fat: 7.2 gm
Saturated Fat: 7 gm
Cholesterol: 0
Sodium: 37 mg

Vegetable Pepper Wreath with Herb Dip

3 red bell peppers
3 green bell peppers
4 medium carrots, cut into sticks
4 medium stalks celery, cut into sticks
1 small jicama, cut into sticks
4 medium zucchini, cut into sticks
1 cup fresh green beans, cleaned
1 yellow bell pepper, cut into strips

Cut tops and bottoms off red and green bell peppers. Remove seeds and clean inside. On a large platter, arrange bell peppers in a ring alternating red and green. Fill each pepper with a different vegetable which has been cut into sticks. Place Herb Dip in a bowl in the center of the ring. (Yellow and orange bell peppers can be used for Thanksgiving) Serves 12.

Calories: 21

Fat: 0
Saturated Fat: 0
Cholesterol: 0
Sodium: 13 mg

Herb Dip

8 ounces plain nonfat yogurt
4 tsp Dijon mustard
2 Tbsp freshly minced chives
2 Tbsp freshly minced dill

In a small bowl, combine all ingredients. Chill. Serves 8.

Calories: 20

Fat: .2 gm
Saturated Fat: 0
Cholesterol: 5 mg
Sodium: 55 mg

HOLIDAYS A LA HEART

DESSERTS

Pumpkin Pie

2 cups canned pumpkin
1-1/2 cups evaporated skimmed milk
1/4 cup brown sugar
1/4 cup white sugar
1 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp nutmeg or allspice
1/8 tsp ground cloves
3 egg whites
Mix all ingredients until well blended. Pour mixture into cooled pie crust. Bake at 350 degrees for 1 hour or until knife comes out clean. (If any filling is left over, put in a custard cup and

Saute carrots, peas, onion, garbanzo beans and garlic for about 5 minutes. Add parsley and stir. Add vegetable mixture to couscous and blend. Serves 4.

Calories: 292
Fat: 3 gm
Saturated Fat: .4 gm
Cholesterol: 0
Sodium: 150 mg

Sweet and Sour

Cabbage/Apple Salad

1 medium head red cabbage, cored and sliced
2 Granny Smith apples, peeled and cut into 1/2 inch pieces
1 small green pepper, sliced thin

1/2 onion, minced
3/4 cup red wine vinegar

2 Tbsp honey
1 tsp caraway seeds
1/4 tsp ground cloves

Black pepper to taste
In a large bowl, combine cabbage, apple, green pepper and onion. In a small saucepan, heat vinegar, honey, caraway seeds, cloves and pepper until mixture boils. Pour hot dressing over salad and toss. Let stand 30 minutes at room temperature and serve. Serves 6.

Calories: 93
Fat: .5 gm
Saturated Fat: .1 gm
Cholesterol: 0
Sodium: 29 mg

HOLIDAY FOOD HANDLING HINTS

To enjoy the holiday season to its fullest, it's important to remind ourselves that proper food preparation is very important. The following food handling guidelines will go a long way in helping to make your holiday meals safe and delicious.

Turkey Tips:

- If you purchase a frozen turkey, do not allow it to thaw at room temperature -- give it about three days in the refrigerator for defrosting.
- If the turkey cavities have been stuffed, clear out the stuffing immediately when the turkey is taken from the oven. Cool the turkey and stuffing separately in your refrigerator or freezer. These cold temperatures will prevent rapid bacterial growth.
- After preparing the turkey and other meats for baking, be sure to wash cutting boards and utensils thoroughly -- use laundry bleach, especially on wooden boards.

General Tips:

- Don't allow holiday foods to sit out because bacteria will grow in meat and side dishes if they're left at room temperature.

bake 30-40 minutes.) Serves 8.

Calories: 115
Fat: .3 gm
Saturated Fat: .2 gm
Cholesterol: 1.7 mg
Sodium: 81 mg

Graham Cracker Crust

1-1/2 cup graham cracker crumbs

3 Tbsp margarine, melted

In a small bowl, combine graham cracker crumbs and margarine. Pat into a 9-inch pie pan. Bake 10 minutes at 350 degrees. Cool and fill. Serves 8.

Calories: 76

Fat: 5 gm
Saturated Fat: 1 gm
Cholesterol: 0
Sodium: 106 mg

Cranberry Bread

1 cup whole wheat flour

1 cup all-purpose flour

2/3 cup sugar

1-1/2 tsp baking powder

1/2 tsp baking soda

3 Tbsp oil

3/4 cup orange juice

Grated rind from one large orange

2 egg whites

1-1/3 cups fresh cranberries, coarsely chopped

In a large mixing bowl, stir together flours, sugar, baking powder and baking soda. In a small bowl, combine oil, orange juice, orange rind, and egg whites. Add this to the flour mixture stirring just to moisten the dry ingredients. Fold in the cranberries. Pour into a greased 9x5x3-inch pan. Bake at 350 degrees for one hour. Cool on a baking rack for 10 minutes before turning loaf out of pan. Wrap the bread well. Best when let to sit overnight before slicing. Serves 12.

Calories: 159

Fat: 3.7 gm
Saturated Fat: .6 gm
Cholesterol: 0
Sodium: 81 mg

SIDE DISHES

Couscous Pilaf

1-1/2 cup low-sodium broth

1 cup couscous

1 tsp oil

2 small carrots, shredded

1/2 cup frozen peas, thawed

1/2 onion, minced

1 cup garbanzo beans

2 cloves garlic, chopped

2 Tbsp fresh parsley, chopped

Black Pepper to taste

In a medium saucepan, bring broth to a boil. Add couscous, remove from heat and let stand for 5 minutes, covered.

In a small skillet, heat oil.

Herb Roasted New Potatoes

1-1/2 lb small new potatoes, washed

1-1/2 tsp olive oil

1 tsp dried rosemary leaves

1 tsp dried thyme

Preheat oven to 400 degrees. In a 13x9x2-inch baking pan, place new potatoes. Rub oil onto potatoes. Sprinkle rosemary and thyme over potatoes. Bake 25-35 minutes, turning once or twice. Serves 4.

Calories: 200

Fat: 1.9 gm
Saturated Fat: .3 gm
Cholesterol: 0
Sodium: 14 mg

ENTREE

Turkey Breast with Sweet Potato Stuffing

2 lb sweet potatoes or yams, peeled and cut into 2-inch pieces

Grated rind and juice of 1 large orange (about 1/3 cup)

1 Tbsp olive oil

1 large onion, chopped

1 medium carrot, chopped

1 stalk celery, chopped

1/2 cup parsnip, peeled and chopped

1 tsp dried sage

4-5 lb turkey breast

In a medium saucepan, place potatoes and cover with water. Bring to a boil and cook covered for 15 minutes or until tender. Drain well and mash. Stir in grated orange rind. In a medium skillet, heat oil over medium heat. Add onion, carrot, celery and parsnip and saute for 10 minutes, stirring frequently. Add the sage. Add vegetable mixture to mashed sweet potatoes and blend. Let mixture cool slightly. Peel back skin of turkey breast leaving one edge intact. Spoon mixture under skin and secure open edge with toothpicks. Spray a 13x9x2-inch baking pan with a non-stick cooking spray. Place turkey breast in the pan and baste with orange juice. Bake at 450 degrees for 30 minutes. Reduce oven temperature to 375 degrees and roast for 45 more minutes or until a meat thermometer registers 180 degrees when inserted into the thickest part of the breast. Baste occasionally with orange juice. Remove from oven and let stand for 10 minutes before carving. Serves 10.

Calories: 35g

Fat: 7 gm
Saturated Fat: 1.8 gm
Cholesterol: 109 mg
Sodium: 116 mg

continued on page 8

A VISIT TO YOUTH COURT

by Julie Kavanagh

Curious about what I'd heard, I took an opportunity to visit the Youth Court that was held at the Ingleside Police Station on November 21st. This is a non-profit organization that works with the Courts and the Police Department and the High Schools. Youth that have been caught breaking the law are referred there by the Police Department as an alternative to the regular Court system. They do not handle violent crimes. The night I attended, there were two cases heard: one was of a graffiti "artist", and the other was of a youth who had pulled a fire alarm box and given a false alarm. Did you know that for turning in a false alarm, you could be fined as much as \$1,000?

The judges in the Youth Court are local Lawyers who volunteer for the Program. The juries and the attorneys (both prosecutors and defense counsels) are all High School students. In the Ingleside, the High School that does this Program is Balboa, and all the lawyers and the jury members were students of "Bal". The judge that night was local attorney, Scott Kalkin, and the Police Department was represented by Officer Lorie Brophy of the Richmond Station, since Officer Lynette Hogue, the Ingleside Police representative was unavailable.

The hearings were conducted in a very professional manner, and the young attorneys did a great job on both

sides. One young defense attorney in particular stood out. Orlando made a very persuasive argument in defense of a youth that was accused of pulling a false fire alarm. He used the "peer pressure" defense very ably. It has been said that the youthful juries are harder on their peers than the regular courts might be. This may be the case, if we are to judge from the hearings I observed. The sentences, however, were right to the point, and directly related to the crimes. For example, graffiti "artists" clean off graffiti and apologize to affected property owners; fire "alarmists" have to do community service and letters of apology to the Fire Chief as well as 500 word essays on the ramifications of their actions.

The Youth Court is a very interesting program, and seems to have a positive effect on the youth who are lucky enough to experience it. I saw one young man swagger in with a big smirk on his face...but his expression was both serious and sincere when he left. There's something about being brought before one's peers.

To be congratulated are Arlene Dayle, President of the Board of San Francisco Youth Court; Sharon Baskin, Youth Court Executive Director; Commander Arnold and Captain Gleeson of the San Francisco Police Department and all the youth and adult volunteers who operate this Program. To look forward, Potrero Station will soon be working with the youth at Woodrow Wilson High School for a Youth Court in the Potrero Police District. Captain Holder is enthusiastic about the Project, and so are we.



San Francisco Youth Court: Court is in session.



San Francisco Youth Court: critique of attorneys during court recess.

ARTS & LETTERS

from page 7

A.F. - Today I learned that drugs can really hurt a human being. Also that marijuana is a drug that's been out a very long time. I really think marijuana & other drugs shouldn't be used by anybody.

S.H. - I learned about marijuana, and one thing I learned today was that they used or should I say use marijuana in brownie. You should always say "No" to drugs.

A.G. - Well today I learned a lot

about marijuana and where I travel to. And the reason of why some people like to get high so have problems that's one reason. I will like to learn more about the drugs so I think everyone should know about them and how the work.

A.K. - Today I learned that a lot of drugs causes problem, learn that Marijuana cause problems in your Lungs, Heart, Reproductive System, and the brains. I learned that some people put weed in their food and eat it. They smoke it. And I learned that some medicine cause problems when mis used.

GRAPEVINE SPONSORS DECORATION CONTEST

The Grapevine, in an effort to promote Valley pride and to encourage our neighbors to demonstrate unity in a positive way, is sponsoring a Holiday Decoration Contest. It is hoped that every home and business in Visitacion Valley will participate by decorating their premises for the upcoming Holidays.

To enter the contest, just decorate your home, apartment, office, plant lobby or store; then call the Grapevine at 467-6400 to register. Leave your name, address and phone number. A photographer will call you and come to your decorated location to snap a picture of your entry. After December 15th, 1991; the judging will be held and

the winner announced. Pictures of the winners and runners-up will be published in the January Grapevine. Prizes will be offered, and although some donated prizes have been received, more are now being solicited. A complete list of prizes will be published in the Grapevine.

We sincerely hope that December will show a glittering, dazzling, colorful Valley for all our neighbors to enjoy. Above all, we hope that all the glitter-dazzle-color will inspire all of us to carry the Holiday spirit throughout the coming year, and work together to improve our neighborhood in more than simply a cosmetic way.

coupon on page 12

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THE HEALTH OF BLACK INFANTS IN SAN FRANCISCO

Some Facts You Should Know:

- Black babies and children in San Francisco suffer from poor health. The babies most affected live in Bayview/Hunter's Point, Western Addition and Visitacion Valley neighborhoods.

HERE'S THE PROBLEM:

Black Newborns Weigh Too Little:

- Babies that weigh too little when born (less than five-and-a-half pounds) are 40 times more likely to die in their early months of life than normal-weight babies.
- And the low-birth weight babies that survive can suffer permanent, life-long disabilities.

Black Babies Are Dying:

- Every day, too many Black babies die from preventable causes -- like low birth weight and no immunizations against childhood diseases.

HERE ARE SOME CAUSES:

Black Mothers Get Late Or No Healthcare While Pregnant

- Healthcare helps a lot to find possible pregnancy problems
- Over 42% of Black mothers in San Francisco got late or no healthcare last year. And 40% had too little care.

Many Black Mothers Smoke Or Use Drugs/Alcohol While Pregnant

- Smoking, drugs and alcohol increase a mother's chance of having a low-birth weight baby. Smoking alone contributes to up to 40% of all low birth weight babies in the U.S.

Many Black Teenagers Are Having Babies

- Pregnant teens and their babies face many medical, personal and family problems. Black pregnant teens have too little medical care, poor diets, and many pregnancy problems.
- Black teens make up almost half of all San Francisco teens...babies having babies.

Black Mothers And Children Have Poor Nutrition

- Diet and nutrition of pregnant women and their families affect the birth weight, growth and development of infants. A large percentage of Black women and children -- especially from low-income families -- suffer from poor nutrition.

Black Children Lack Immunizations and Ongoing Healthcare

- Black children are less likely to get immunized before their third birthdays than children of other races. They are at high risk of getting measles, mumps, rubella and other diseases.

(Data Sources: San Francisco Department of Health and Institute of Medicine, Washington, D.C.)

HERE'S HOW YOU AND YOUR COMMUNITY CAN HELP:

- Help the pregnant women you know get medical care before they "show."
- Help pregnant women and their families:
 - get information on where mothers and babies should go for medical care
 - get transportation to the clinic
 - locate childcare/babysitting
 - enter into a "stop smoking" or drug treatment program

Be a good friend and a good listener.



SACRAMENTO - 1967

Do you feel insecure and afraid when you are alone in a foreign country?

Forget it! You are no worse off and no better off than at home.

In all my travels since retirement, I always carried a wallet stuffed with papers in my hip pocket. It was my decoy. It was finally stolen...in San Francisco...twice.

What about acts of violence? Yes, I had lots of fistfights and confrontations with guns, knives and machetes, but the closest I ever came to getting killed was in Sacramento.

I was sixty-five years of age, working at the Sacramento State Fair, doing quick portraits. It was my hobby, and I worked for a few fairs during the summer months.

It was Labor Day, my biggest weekend of the year, and I had been working nonstop fourteen hours a day. The banks were closed and I kept stuffing dollar bills in all available pockets, as I had no safe place in which to hide them.

As usual, I was the last man to leave the fairgrounds, and I was walking to my rented room, four blocks away. At two o'clock in the morning, the tree-lined street was deserted, and I was trudging along, tired and spent, my mind on a waiting bed.

Suddenly I was confronted by two youths.

"Do you have a match?" asked one.
"Sorry, I don't smoke."

I had matches, but I'd be darned if I was going to put my hand in my pocket. I was suspicious and kept two feet away.

I am small, inconspicuous and frail-looking. I haven't got the strength of a lion, but I know a few tricks and I can move fast. I was not unduly worried, but I was on my guard.

We talked for a while, then the boys said good night and walked away, in the opposite direction. I decided my suspicions had been unwarranted and I relaxed my guard - an unforgiveable mistake.

I was one block from my room when I was attacked from behind. All I remember is that I was out like a light. In a lucid moment, I felt somebody holding my arms behind my head. Another man was sitting on my stomach punching my left temple with all his might, in the same spot, blow, after blow, after blow.

I was trying to understand what was happening to me. The men, or boys, were after my money, of that I was sure. They must have been watching me at the Fair. Since I had seen their faces, they could not possibly risk being recognized. They meant to kill me.

The pounding stopped. The boy had worn himself out and was taking a break. He was leaning back and breathing heavily. His partner in back of me relaxed his grip somewhat. I was supposedly unconscious.

My brain had a chance to clear, and my strength was slowly coming back. Not one word had been spoken. I kept still, with eyes closed, planning my next move. The boy tightened his grip on my arms again.

Now!

I twisted my arms free, pushed the boy off my stomach and gave him a mighty kick in his groin. I jumped off.

Seeing me free and full of fight, they both took off.

My first impulse was to run after them, but I had lost a shoe in the struggle, and my pockets were still bulging so I said, "To hell with it!"

I immediately called the police to make a report and refused hospital care.

Early next morning I deposited my money in the bank, then I went to work wearing dark glasses and a bandkerchief over the rest of my swollen face to cover the bruises.

I dubbed myself THE MASKED ARTIST.

The above should have been a lesson not to be forgotten. Unfortunately we do not necessarily learn by our mistakes. We are creatures of habit and reluctant to change. Years later, under similar circumstances, the same thing happened to me again.

I had reached the comfortable age of eighty-three. The year was 1986, and the weatherman claimed California was having the worst storm of the past thirty years. This particular night was the peak of the storm.

I had spent a few hours downtown and took the bus home. I had six blocks to walk which I had done leisurely for the past fifty years. The wind was blowing, the rain was slasbing and the sidewalk was slippery. Traffic was nonexistent and I was the only pedestrian in sight.

I made it a habit of carrying a tear gas gun with me for my own protection and I felt equal to any emergency.

Suddenly, I was attacked from behind and knocked to the sidewalk. Two masked men were on top of me, switchblade knives pointed to my throat. Not to worry. It happened fast, but just as fast, I pointed my cannister to their faces and squeezed and squeezed. Nothing happened.

My mace, unused for six years, had dried up. I was a sitting duck.

By instinct I kept fighting them off, trying to push those menacing blades away from my throat. Following a few punitive lacerations, I realized they were not out to kill me and I kept still.

They emptied my pockets and took off.

My loss was minimal, but it brought home the fact that I had been careless and negligent.

No man should go to war with an empty gun.



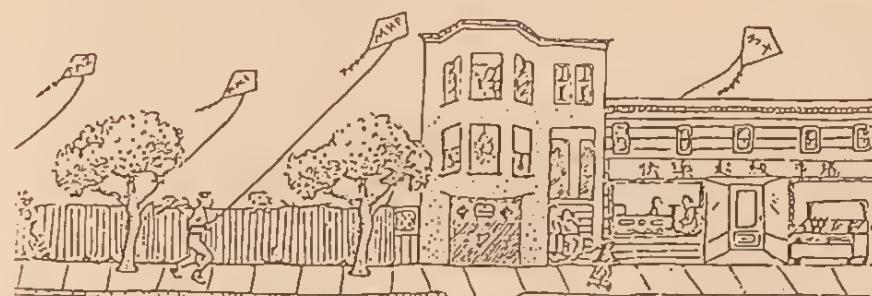
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For more information or to pick up paint, call Sanitary Fill Company.

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The Puzzler...

by Anne Kaartunen

WORD LIST

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MUSIC
GINGERBREAD
HOUSE
WRA. PING
CARD
POINSETTIAS
SNOWMAN
CAROLS
NATIVITY
SCENES
LIGHTS

CHRISTMAS CUSTOMS
P H R P C R M D I O A C
H O L I D A Y U R E D U
Y U I L B H R N S A R S
R S E N T B A O E I C T
N E E A S M O R L E C O
A H E V E E B N N S T M
M R R N A R T E M C F S
W C T T E Y S T H G I L
O M N G R E E T I N G S
N A N U G N I P P A R W
S I C H R I S T M A S H
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CHRISTMAS



WIN \$1750 IN CASH!

WittyWorld, the international cartoon magazine and Cartoonists Across America (& The World) are co-sponsoring an International Cartoon Contest promoting Literacy and Education. The contest is open to all ages and will be judged on the basis of ideas, *not drawing skills* (although that helps)!

We're looking for images (without words if possible) that will promote education and how it can solve many global problems. The best entries will be offered payment for publication in a future book as well as exhibitions, licensing opportunities and more. Creators will own the rights to their work. Write to us for an official entry form. Teachers and literacy professionals - please help us spread the word through schools, libraries and newsletters!
\$1,000 first prize \$500 second prize \$250 third prize
U.S. residents please enclose a self-addressed stamped envelope.
New Deadline: December 31, 1991.

Send to: Cartoonists Across America P.O. Box 670, Lompoc, CA 93438-0670 or call us for forms (805) 735-5134.

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This Month in S.F. History

Dec. 1: In 1856, an association of several printers established the Daily Morning Call, publishing the newspaper six times a week.

Dec. 4: In 1915, the Panama Pacific Exposition closed its gates.

Dec. 8: In 1913, workers began constructing the Palace of Fine Arts for the Panama Pacific Exposition. In 1941, as the nation still panicked over the December 7 Japanese attack on Hawaii's Pearl Harbor, San Francisco experienced its first wartime blackout at 6:15 p.m.

Dec. 10: In 1923, Cornelius Vanderbilt Jr. began publishing his San Francisco Illustrated Daily Herald, a one cent tabloid devoted to unsensational journalism.

Dec. 11: In 1914, the Stockton Street Tunnel, a 911-foot cut through Nob Hill between Sacramento and Sutter Sts., was finished. Its completion was celebrated December 28, and Muni F-line streetcar service ran through it the following day.

THE CITY TOW'S ANNUAL FREE MISTLETOW SERVICE

It's MistleTow time at The City Tow. San Francisco's Official Police Garage will be encouraging safe merrymaking this holiday season with its annual ride-and-tow-home service. On New Year's Eve and Day, residents of the City who have had too much to drink can call The City Tow at any time and a City Tow truck will take car and driver home safely for free.

"The MistleTow service is our holiday gift to the residents of San Francisco," says Phil Ball, General Manager

Dec. 21: In 1952, the twin bore Broadway Tunnel was completed through Russian Hill between Powell and Larkin Sts.

Dec. 24: In 1849, a severe fire the night before Christmas caused more than \$1 million in damages, destroying a large portion of the City's business district.

Dec. 25: In 1871, construction commenced on San Francisco's City Hall at the corner of Market and McAllister Sts., to be eventually completed and turned over to the City more than 28 years later. In 1912, the San Francisco Municipal Railway inaugurated service to the City when Mayor James Rolph operated the first streetcar up Geary St.

Dec. 29: In 1956, after 44 years of streetcar service, the B-Geary line was replaced full-time by the 38 Geary buses.

Dec. 30: In 1857, compilers of the first San Francisco Directory estimated the City's total population at 60,500, including 15,000 females and 16,000 people under 21 years of age.

of The City Tow. "Many people who have had too much to drink are reluctant to take a cab home because they don't want to leave their car behind. We'll take them home in our cab -- the cab of our truck -- and tow their car home, too."

The City Tow contracts with the San Francisco Police Department to tow abandoned cars, cars which have been parked in tow-away zones, and cars damaged in accidents. "Our drivers would much rather prevent the accident than tow a car after the fact," adds Ball.

The MistleTow service will be available within the San Francisco city limits all day and all night New Year's Eve and New Year's Day. The number to call is 558-7400.

SCARE SCROOGE AWAY AND SUPPORT PROP "A" TO BENEFIT MUSIC PROGRAMS IN PUBLIC SCHOOLS

Tom Ammiano hosts an evening of music and comedy on Sunday, December 8 from 3:00 to 5:00 p.m. at Noe Valley Ministry, 1021 Sanchez, San Francisco. The benefit will feature comedian Tom Ammiano and his guests The Margie Baker Trio, The Young People's Teen Musical Theatre Company and vocalist Elaine Snyder accompanied by Alden Gilchrist.

Music in Schools Today provides instructors, instruments, sheet music and other assistance to the San Francisco public schools, and played an active role in the recent restoration of the elementary music program.

A \$10.00 donation is payable at the door. Please call 931-4313 for further information.

incorporated on April 15, 1850, he was elected mayor, beginning his one year term on May 1.

During the Geary administration, California entered the union September 9, 1850, as the nation's 31st state.

Refusing to seek re-election in 1851, Geary returned the following year to his native state.

In succeeding years, he served as a territorial military governor for Kansas, and again entered the service during the Civil War, rising to the rank of general.

Following the war, he was elected governor of Pennsylvania in 1866, serving the state until his death at Harrisburg on February 8, 1873.

His name is now the fond attribute to one of the City's main thoroughfares, Geary Blvd.

MAYORS OF SAN FRANCISCO

JOHN GEARY

Besides having been the first mayor of San Francisco, John W. Geary also had the distinction of being last of the town's 17 alcaldes, the final six of non-Hispanic descent.

Born December 20, 1819 in Pennsylvania, he rose to the rank of colonel in the Mexican War of 1846, and was eventually appointed San Francisco's first postmaster in 1849.

Geary succeeded T. M. Leavenworth as San Francisco's alcalde in August, 1849.

After the City of San Francisco was

SUNDAY BINGO
VISITACION VALLEY CENTER GYM
66 RAYMOND AVE: 1:00 PM

CLASSIFIED

Two lines - 26 characters \$3.00.
Additional lines @ 75 cents each. Deadline is the 20th of each month prior to publication date. Mail ad copy with check to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

WHAT'S DOING IN THE PARKS

TUESDAY, DECEMBER 3

Noon - 1 p.m. Tap Dance for Adults, dance routines, time steps, etc., Harvey Milk Recreational Arts Building, 50 Scott St., 6 weeks \$20; single class \$4.50, call 554-9523 for more information.

WEDNESDAY, DECEMBER 4

10 - 11:30 a.m. Folk Dance Class for Women, 18+ years, learn basic steps, rhythms, and dances from other countries, Harvey Milk Recreational Arts Building, 50 Scott St., the information number is 554-9523.

10 a.m. - 3:30 p.m. Sewing Class for Seniors, dressmaking and tailoring, Golden Gate Park Senior Center, 6101 Fulton St., near 37th Ave., fee, for more information call 666-7015.

THURSDAY, DECEMBER 5

3 - 4:30 p.m. Theatre Game for Children, ages 7-12 years, group dramatization, creative role playing, improvisation, pantomime, Alice Chalmers Playground, Brunswick and Whittier Sts., call 554-9523 for information.

3:10 - 4:30 p.m. Recreational Swimming at Balboa Pool, San Jose Ave. and Havelock St., phone 337-4701 for information, fee.

FRIDAY, DECEMBER 6

1-2:30 p.m. Tiny Tot Music, Cabrillo Playground, 38th Ave. and Cabrillo St., call 666-7010 for more information.

7 - 8:30 p.m. Mexican Folk Dancing for beginners ages 6-12 years, St. Mary's Recreation Center, Murray St. and Justin Dr., call 695-5006 for information.

HARVEST OF GOODWILL FEEDS AMERICA'S HUNGRY

from "Food Insight" published by the IFIC Food Education Foundation

Hunger is often visible on today's city streets, but most Americans can't see the real picture.

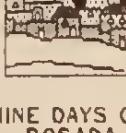
That's because the majority of the nation's 32 million people living below the poverty level are behind closed doors. They're not all homeless, just hungry.

They make up 13 percent of the American population, according to the 1990 U.S. Census, and they earn a little more than \$10,000 a year for a family of three, half of which goes toward rent. Nearly 5.5 million are children under age 12.

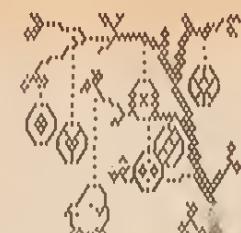
While hunger has plagued the nation's cities for years, one food bank director in Phoenix, John Van Hengel, looked beyond his own backyard and realized the national scope of the problem. With the help of a Community Services Administration grant in 1979, Van Hengel expanded his operation to distribute more than two million pounds of food to 13 food banks in and outside Phoenix in just one year. At that time, the newly-formed network was named Second Harvest.

By 1984, Second Harvest no longer received government funding and had moved headquarters to Chicago. Today, Second Harvest has grown to a network of 180 food banks nationwide - making it the largest non-governmental food program in the United States. This fall, Second Harvest will have collected its three billionth pound of food.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|---|--|---|---|--|--|
| 1 VVCC BINGO 1:00 | 2  HANUKKAH | 3 6:30 VISUALLY VALLEY-WIDE PARENTS COUNCIL 50 RAYMOND | 4 10 AM - 4 PM HOLIDAY GREENS MAKING (VOLUNTEER) NINTH AVE AT LINCOLN GC PARK | 5 11:30 VVCC SENIOR GNCL 66 RAYMOND * ROSES PCR 900MINNESOTA 7:00 PM | 6  ST NICHOLAS DAY | 7 HOLIDAY GREENS SALE 10AM - 1PM ENTRANCE TO STRYBINC ARBORETUM C.C. PARK |
| 8  VVCC BINGO 1:00 BUDDAH'S ENLIGHTMENT DAY (ZEN) | 9  LAST DAY OF HANNUKAH | 10 6:00 VVCC PARENT COUN 50 RAYMOND * 7:00 ELDORADO NEIGHBORS BETTERMENT 70 DELTA ST | 11 | 12  POINSETTA DAY | 13 | 14 10 AM - 12 PM CHILDRENS HOLIDAY WREATH WORKSHOP 9TH & LINCOLN C.C. PARK (ALSO 1-3:00) |
| 15  VVCC BINGO 1:00 SITTING BULL R.I.P. 1890 | 16  NINE DAYS OF POSADA | 17 JELALUDDIN RUMIG URS DAY OF PASSING (SUFI) | 18  1865 13TH AMENDMENT IS RATIFIED | 19 USDA FOOD DISTRIBUTION 9:00 66 RAYMOND | 20  4:00 - 8:30 VVCC'S COMMUNITY CHRISTMAS PARTY ALL INVITED 66 RAYMOND | 21 FULL MOON |
| 22  VVCC BINGO 1:00 * WINTER SOLSTICE | 23 | 24 7:00 EL DORADO NEIGHBORS BETTERMENT COUNCIL 70 DELTA | 25  MERRY CHRISTMAS | 26 Kwanza 12/26 - 1/1 BOXING DAY (C.R. BRITIAN) | 27 THERE WILL BE NO IMPROVEMENT CLUB MEETING IN DECEMBER | 28 |
| 29 VVCC BINGO 1:00 LAST SUNDAY RAFFLE * 1890 MASSACR AT WOUNDED KNEE | 30 | 31  NEW YEARS EVE | | | | |

Send Calendar Items to:
GRAPEVINE, 50 Raymond Av., S.F. 94134
deadline = 20th of each month for the
following month's issue.
OR call 467-6400 with info



business. Examples include printing errors or cosmetic damage to product packaging, discontinued items, formulation changes and irregularities such as off-color dishwashing liquid. Although not marketable for a variety of reasons, the products are held to strict standards and always are suitable and safe for use.

In 1990, Second Harvest launched its value-added processing initiative (VAP), made possible by the joint efforts of food industry and packaging material suppliers. The VAP initiative provides for packaging raw commodities that would be difficult to store and distribute in bulk. Value is added to bulk donations by canning, freezing or dry-packing raw commodities. The packaging extends the shelf-life and produces consumer-sized portions. VAP generated more than five million pounds of canned and frozen vegetables, packaged pasta and beans - and non-food items last year, all distributed under Second Harvest's own label.

Another change at Second Harvest last year was a distribution program based on a formula using the 1990 poverty and population statistics from the U.S. Census Bureau. Previously, food donations were allocated geographically, but some members felt the distribution was unfair, according to Punch Wood, executive director of the Community Food Bank in Tucson, Ariz., and a member of the Second Harvest board of directors.

HOW SECOND HARVEST WORKS

Second Harvest receives donations of surplus food and non-food grocery items from a variety of industry sources, especially large food processors, manufacturers and retailers. A total of 485 million pounds of almost every type of food was collected in 1990, ranging from fruits and cereals to fish and chips. Additional donations come from local food companies, corporate giving programs and individual donations.

Second Harvest channels donations through its 180 member food banks and they in turn distribute the food to 42,000 private nonprofit agencies. These local centers include soup kitchens, church pantries, drug and alcohol treatment centers, emergency programs and other nonprofit groups that serve America's needy.

The donor companies appreciate that they can contact one group to distribute their surplus food nationwide, and Second Harvest assures the industry that the quality of their products is maintained. Member food banks must meet industry standards of operations in warehouse management, record keeping, distribution, refrigeration and freezer capacity. Inspectors from Second Harvest and volunteers from the food industry regularly tour the local banks to ensure facilities meet these standards.

HIGH QUALITY STANDARDS

The surplus of goods donated by industry develops as a normal course of

"Some food banks would get more because they were geographically closer and guys like us would lose out because we were farther away. So far everybody seems to be able to live with this new approach," Wood said.

"We're all just a bunch of 'do-gooders' who want to get food to folks instead of waste it," Wood said. "Second Harvest provides assistance in technical services like storage techniques, temperature management and sanitation, which a lot of us have no backgrounds in."

At the greater Philadelphia Food Bank, Second Harvest supplies about half of the nine million pounds of food distributed to Philadelphia charities annually, according to Kevin Fagan, director of development.

"We rely heavily on Second Harvest," Fagan said. "We benefit from the expertise that they and food industry volunteers offer."

YEAR ROUND PROBLEM

"During times like the holidays, the individual consumer has hunger and homelessness as a major concern and they're more willing to give money and donate food," Fagan said. "Unfortunately, there are hungry people 365 days a year and it's a public illusion that the need is higher around the holidays."

Second Harvest is working to dispel such "illusions" by educating the public about the real problem and offering practical solutions to feed hungry Americans. The group works to keep the issue alive year-round, acting as a liaison to the news media, government, industry and consumers.



READ. Avoid Extinction.

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CARTOONISTS
across
AMERICA



CARTOONISTS ACROSS AMERICA, A NON-PROFIT ORGANIZATION P.O. BOX C70, LOMPOC, CALIFORNIA 93438-0670

Grapevine Holiday Cheer Contest

Decorate your house, apartment or business for the holidays! Enter the Grapevine Cheer Contest...

To enter, DECORATE YOUR HOUSE, APARTMENT or BUSINESS, and fill out and mail in this entry form. Judging will take place the week of December 15, 1991.

NAME: _____

ADDRESS OF ENTRY: _____

CITY/ZIP: _____

PHONE: _____

DESCRIPTION OF DECORATIONS: _____
